

Prosperity Class 4

Filling Your Mind With Positive Thoughts:

The following excerpt is from the "Think And Grow Rich Workbook."

Positive and negative emotions cannot occupy the mind at the same time. One or the other must dominate. It is your responsibility to make sure that positive emotions constitute the dominating influence of your mind. Form the habit of applying and using the positive emotions! Eventually, they will dominate your mind so completely that the negatives cannot enter it.

Complete the following sentences with positive statements, and imbue them with positive emotions.

Repeat them daily, aloud, to aid you in dominating your subconscious mind with positive emotions.

Today I choose to believe _____

Starting now, I will _____

What I most desire is _____

I enthusiastically will _____

I am grateful for _____

I positively believe that _____

You cannot mention abundance without also mentioning gratitude. Gratitude stems from worthiness and supports the experience of abundance.

1. In this exercise, I would like you to sit quietly for a moment and think about your life. View it from your heart, not from your head. Then write down all of the things, people, situations, etc., that you are grateful for. If you feel comfortable, please also write down any difficult challenges in your life right now that are resulting in great opportunities to grow.

This week, every evening before you go to bed, I would like you to write down the things you are grateful for from that day. This daily exercise is a wonderful way to experience happiness and lasting joy.

For Next Week!

Bring a dish to share, or a dessert. We have a very powerful exercise to complete the Prosperity Secrets of the Ages class. There will be more time for sharing and connecting with each other than in the previous classes. The last class is all about solidifying everything learned in the previous 4 weeks. Very Important, see you next week.